

**STAR SWIMMING  
HOSTS THE  
LONG COURSE OPEN SWIM MEET  
Age Group and Senior  
JUNE 27-29, 2014  
FLICKINGER AQUATIC CENTER  
Erie Community College, Buffalo, New York**

HELD UNDER THE SANCTION OF USA SWIMMING: \_\_\_\_\_  
OPEN TO ALL ELIGIBLE U.S.A. AND S.N.C. SWIMMERS AND TEAMS  
8 & UNDER, 10 & UNDER, 11-12, 13-14 and SENIOR

**MEET INFO ALSO AVAILABLE AT [www.starswimming.org](http://www.starswimming.org)**

**POOL LOCATION:** 21 Oak Street, Buffalo, New York 14203

**FACILITIES:** 50 meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. Separate 25 yard six lane pool for continuous warm-up and warm-down. Colorado Electronic Timing System with flat wall touch pads, horn starts and scoreboard readouts. 8 & Unders, 10 & Unders and 11-12 will swim in AM session, 13-14 and Senior will swim in PM session. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. From the start end, the pool depth is 7 feet at 1 meter and 7 feet at 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and is 13 feet 6 inches at 5 meters.

**SITE OF:** 1993 World University Games  
1997 Phillips 66 USS National Championships  
1998 USS Speedo Junior Championships - Long Course  
1999 USA Swimming Speedo Junior Championships - Short Course  
2000 USA Swimming Speedo Junior Championships - Short Course  
Numerous Sectional and Zone Meets

**MEET**

**DIRECTOR:** Sherry Benedict  
Phone: 716-860-3541  
E-Mail: [starentries@gmail.com](mailto:starentries@gmail.com)

**MEET MARSHALL:** Lynda Blake

**MEET REFEREE:** Dave Sterns

**HOTELS:** Hotel information is posted on the Star Swimming website at:  
<http://www.starswimming.org>. **PLEASE RESERVE EARLY.**

**OFFICIALS:**

Anyone interested in officiating at this meet is welcome. Please contact Katherine McCauley  
[cmkmccauley@verizon.net](mailto:cmkmccauley@verizon.net)

**TIMERS:** All timing provided by STAR Parents so you can enjoy your children's swim from the balcony spectator area. (Except for 800 Free)

**EVENTS:** The meet will be swum in accordance with the accompanying schedule of events.

**ENTRY RESTRICTIONS:** No swimmer may enter more than five (5) individual events per day and a maximum of two relays per day. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No late or phone entries accepted. The Meet Director reserves right to return entries in order to control meet size. Deck entries permitted at discretion of Meet Director and Meet Referee. Deck entry fees will be \$5.00/individual event & \$15/relay.

**ENTRY FEES:**

1. Individual Event - \$5.00
2. Relay Event - \$15.00
3. \$6.00 per swimmer surcharge is required.

Make checks payable in **US DOLLARS** to: **STAR SWIMMING, INC.**

Regular, Express Mail or FedEx. **DO NOT REQUIRE A SIGNATURE FOR IT TO BE DELIVERED!**

**Sherry Benedict  
PO Box 361  
Hamburg, NY 14075**

**E-MAIL TO:** [starentries@gmail.com](mailto:starentries@gmail.com)

Entries will be removed from the meet if Entry Fees are not paid by the Coaches Meeting Saturday June 28<sup>th</sup>, 2014

**ENTRY DEADLINES:**

**This meet traditionally fills quickly! Entries must be received by 6 PM on June 19, 2014.**

**The ability to make entry changes will also depend upon available space, so please make sure that your Initial entry is accurate!! Many events typically have every lane filled at this meet!**

**COACHES MEETING:** Saturday, June 28, 2014 at 9:15 AM and at other times as required.

<b>STARTING TIMES:</b>		<u>Warm-up</u>	<u>Warm-up Ends</u>	<u>Start</u>
	Friday	3:30 PM	4:50 PM	5:00 PM
	Sat/Sun 12 & Under	8:30 AM	9:25 AM	9:30 AM
	Sat/Sun Open	1:30 PM	2:25 PM	2:30 PM

**SEEDING:** This meet will be **DECK SEEDED**. All swimmers must check in for all of their events by 8:45AM for 12 & Under 1:45PM for Open. Friday check-in may be done via email by 4:00PM on Friday. Anyone checking in via email should bring confirmation to the meet in case of problems. Swimmers who fail to check in for their events will not be seeded. Heat and lane assignments will be posted on deck and in the spectator area. The 800 Free may be limited to top two heats of men and women. Deck entries permitted only at the discretion of the Meet Director.

**SCORING:** Per 2014 U.S.A. Rulebook

<b>AWARDS:</b> 12 & Under: A-BB-B Individual:	Ribbons 1 - 3
8 & Under:	Ribbons 1 - 8
Relays:	Ribbons 1 - 3

**TEAM AWARDS:** 1ST, 2ND and 3RD

Each team must designate a representative to pick up and sign for all awards for their team.

**PROGRAM:** Heat sheets will be on sale for \$5.00 per session.  
Balcony seating is for 1200.

**PARKING:** Parking is available at Mike's Parking at the corner of Elm & Swan Street and at the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from 1/2 hour before the start of warm-up through the last session of the day. The Adam's Parking Ramp offers free parking on weekends but is unsupervised

**CONDUCT:** Proper conduct at all times will be enforced by coaches, meet marshals, college officials and college security. ANY SWIMMER found in posted out of bounds areas will be barred from the meet without recourse. In compliance with USA-Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**DECK ID: ONLY SWIMMERS, COACHES AND MEET PERSONNEL ALLOWED ON DECK. ALL COACHES MUST WEAR 2014 MEMBERSHIP CARD.**

**Dive over starts will be used at this meet to help control meet duration.  
Chase Starts may be used to control the length of the meet.**

**Meet Director may "split the lane" during distance events In order to control the length of the meet. In this instance, swimmers will swim on opposite sides of the lane starting approximately: 30 seconds apart.**

## ORDER OF EVENTS      12 & UNDER

### WOMEN

### MEN

#### FRIDAY, JUNE 27

1	12 & Under 200 IM *	2
3	Open 400 IM	4
5	12 & Under 200 Free *	6
7	Open 400 Free	8

#### SATURDAY, JUNE 28

9	12 & Under 200 Fly	10
11	8 & Under 50 Back	12
13	12 & Under 50 Back	14
15	8 & Under 100 Free	16
17	12 & Under 100 Free	18
19	10 & Under 200 Medley Relay	20
21	12 & Under 200 Medley Relay	22
23	12 & Under 100 Breast	24
25	8 & Under 50 Fly	26
27	12 & Under 50 Fly	28
29	10 & Under 400 Free Relay	30
31	12 & Under 400 Free Relay	32

#### SUNDAY, JUNE 29

33	12 & Under 200 Breaststroke	34
35	8 & Under 50 Free	36
37	12 & Under 50 Free	38
39	12 & Under 100 Back	40
41	10 & Under 200 Free Relay	42
43	12 & Under 200 Free Relay	44
45	12 & Under 200 Back	46
47	8 & Under 50 Breast	48
49	12 & Under 50 Breast	50
51	12 & Under 100 Fly	52
53	10 & Under 400 Medley Relay	54
55	12 & Under 400 Medley Relay	56

\* In the 12 & Under Events - scoring and places will still be awarded by age group  
(10 & Under & 11-12)

**\*\* Please Note - as per the event numbers, the 10 & Under Girls Relays will be followed by the 12 & Under Girls Relays - then the boys relays will swim.**

## OPEN ORDER OF EVENTS

### WOMEN

### MALE

#### FRIDAY, JUNE 27

3	400 IM	4
7	400 Free	8

#### SATURDAY, JUNE 28

57	100 free	58
59	100 Back	60
61	200 Medley Relay	62
63	200 Breast	64
65	100 Fly	66
67	400 Free Relay	68

#### SUNDAY, JUNE 29

69	50 Free	70
71	200 Back	72
73	200 Free Relay	74
75	200 Free	76
77	100 Breast	78
79	200 Fly	80
81	200 IM	82
83	400 Medley Relay	84
	10 Minute Break	
85	800 Free (11 & Over ONLY)	86

(The 800 Free may be limited to top two heats of men and women)

**The 800 Free will be swum fastest to slowest, alternating heats of women, then men.  
Meet Director reserves the right to swim 2 swimmers per lane during the 800 Free except for the  
top seeded heat.**

**2014 STAR LONG COURSE MEET  
ENTRY RECAPITULATION**

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_ TEL. NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_ TEL NO \_\_\_\_\_

TEAM HOTEL \_\_\_\_\_ TEL NO \_\_\_\_\_

(IN CASE OF EMERGENCY)

Women Individual Entries \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Number of Women Swimmers \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

Men Individual Entries \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Number of Men Swimmers \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

Number of Relay Entries \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_

MAKE CHECKS PAYABLE IN **US DOLLARS** TO "STAR SWIMMING"

\*\*\*\*\* THIS FORM MUST BE RETURNED WITH ENTRY FORMS \*\*\*\*\*

TO BE CONSIDERED A COMPLETE ENTRY.

MAIL, POSTAL EXPRESS OR FED EXPRESS WITH **SIGNATURE WAIVER** TO:

**Star Swimming, INC**

**PO Box 361**

**Hamburg, NY 14075**

E-MAIL TO: [Starentries@gmail.com](mailto:Starentries@gmail.com)

ENTRY FEE CHECK MUST ARRIVE THREE (3) DAYS FROM DATE OF ENTRY.

Entries will be removed from the meet if Entry Fees are not paid by the

Coaches Meeting Saturday June 28<sup>th</sup>, 2014

**ENTRIES CLOSE 6 PM, June 19, 2014 (Strictly Enforced)**

RESULTS ARE AVAILABLE IN DISK OR HARD COPY FORMAT.

IF DISK, NO CHARGE. IF HARD COPY, THERE IS A \$10.00 POSTAGE AND HANDLING  
CHARGE. PLEASE INDICATE YOUR CHOICE.

DISK OR EMAIL \_\_\_\_\_ (Free) HARD COPY \_\_\_\_\_ (\$10.00)

In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against Star Swimming, Inc., Niagara Swimming, Inc., USA Swimming, and the Erie Community College for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of club official, parent or guardian

## **Niagara Swimming Inc.**

### **Warm-up Procedures for all Sanctioned Meets in 8 Lane Pools**

- I. Pre-Meet warm-up period
  - A. Control/Supervise - Key words for safe warm-ups.
  - B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.
- II. General warm-up period
  - A. The first 30-45 minutes are for general warm-ups in all lanes.
  - B. There shall be NO DIVING off the blocks or the edge of the pool at this time.
  - C. Outside Lanes - Kicking only.
  - D. Inside Lanes - Swimming and pulling only ; no paddles.
  - E. No sprinting or pace work.
- III. Specific warm-up period
  - A. Last 30-45 minutes of pre-meet warm-up period.
  - B. In an eight lane pool, each lane shall be scheduled as follows:
    - a. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool.  
Circle swimming only.
    - b. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
    - c. Lanes 3,4,5, & 6 general warm-up only ( as above ) NO DIVING.

### **Important Points For Specific Warm - Up Period**

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
2. Start all swimmers in all lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestylers or butterfly swimmers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his/her start.
6. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
8. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the Marshals.
10. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm up sessions should be split to provide a safe and adequate warm-up time for all.
11. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
12. The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may be modified by the meet Referee according to the needs of the meet.